

# as Winter!

## Winter fire safety

office

on the Wolf Pack, the base fire prevention inspectors would like to pass the cold weather months. According to the National Fire Protection deaths in the United States occur in the winter months, with heating s of deaths.

ere at “The Kun,” the Wolf Pack must keep in mind that fire safety the temperature drops to. Here are a few helpful tips to keep your work inter months.

en an increase in the use of portable space heaters. Portable heaters used e Underwriters Laboratories. They should have heating element covers direct contact with the heating elements. Your heaters are required to urn your unit off when or if it is tipped over. You need to keep a 36- ng that can burn, including furniture and clothing. Never leave your e room and never use them to dry clothing. Here at the Wolf Pack, 8th ion and Prevention Program, paragraph 3.8.5, clearly outlines the steps e.

let’s all follow a few specific reminders to help get us off to a safe start ne retardant or made of non-combustible materials. Small artificial ork center, but make sure they don’t block any exits, fire extinguishers,

pproved indoor lights.

provide plenty of large, deep ashtrays and empty them frequently. After your chairs and furniture for cigarette butts that may still be smoldering. oldering materials before leaving your party’s location or in your room. ve your kitchen area while the stove or oven is on and make sure there is the room, just in case it’s needed.

afe and warm holiday season here in Korea. If you have any questions ntion section at 782-4471 or 782-4802, as we are dedicated to providing ain in the new year. Happy Holidays!



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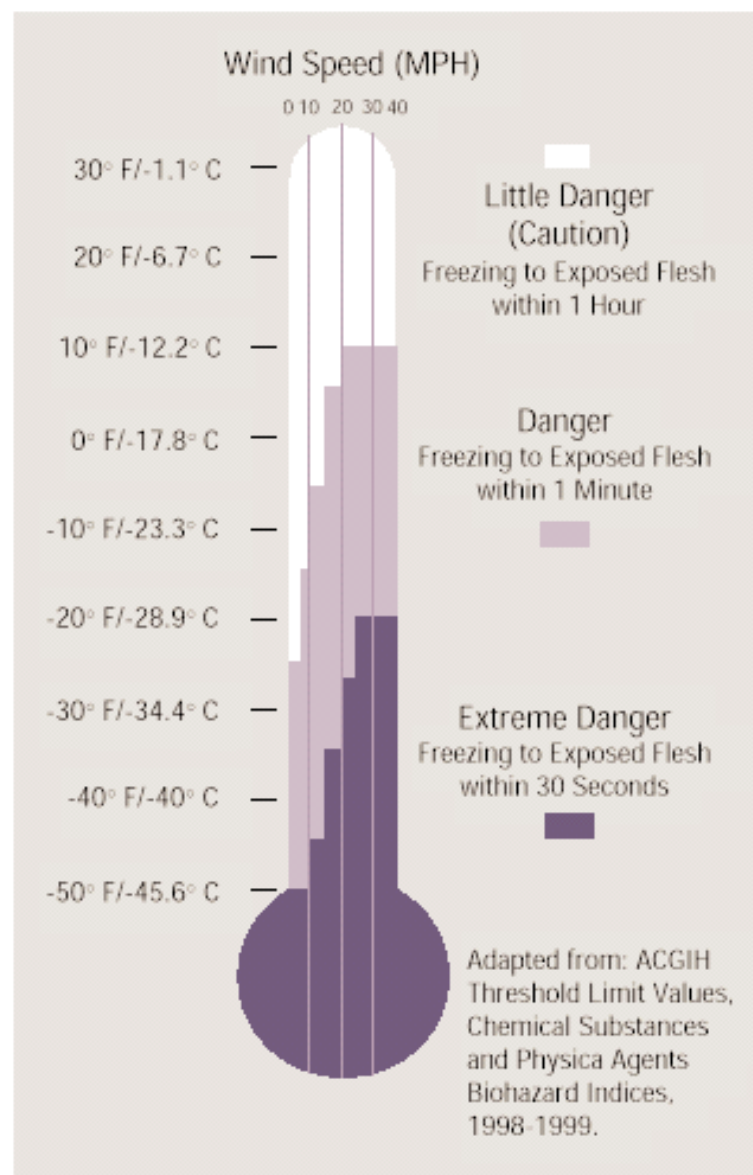
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ar in 2002!

### THE COLD STRESS EQUATION

LOW TEMPERATURE + WIND SPEED + WETNESS  
= INJURIES & ILLNESS

When the body is unable to warm itself, serious cold-related illnesses and injuries may occur, and permanent tissue damage and death may result.

**Hypothermia** can occur when *land temperatures* are **above** freezing or *water temperatures* are below 98.6°F/ 37°C. Cold-related illnesses can slowly overcome a person who has been chilled by low temperatures, brisk winds, or wet clothing.



## Winter Sports and Recreation

Generally, all sports have risks involved, but winter sports tend to generate more concern – accidents are prone because of the weather conditions and environment. Many mishaps are caused by lack of experience and complacency.

### Some good ideas

- ✦ Clothing: Dress warm and avoid outer cotton clothing for it absorbs moisture.
- ✦ Wear sunscreen: The sun will reflect off the snow and hit the face.
- ✦ Fatigue: Get a good night's sleep and eat regularly.

### Skiing and cross-country skiing

Skiing is a popular, physically challenging sport that requires extreme physical endurance. Many skiers can sustain sprains and muscle injuries because of fatigue. Preparing yourself for the high physical endurance can decrease the chances of injury.

- ✦ Protective gear: Helmets, gloves, goggles, sunscreen and protective clothing.

- ✦ Fatigue: High-energy snacks, take breaks when needed, and get at least seven hours of sleep the night before.
- ✦ Preseason exercise: Keep in shape and stretch throughout the year to avoid overexertion.
- ✦ Beginners: Take lessons and stay on the beginner's slopes.
- ✦ Falling: Keep arms forward, skis together and hands over skis. Don't use hands to break your fall and wait until you stop sliding to get up. If you feel you are getting out of control fall to your rear or side.

### Snowboarding

Snowboarding has become increasingly popular over the last decade. Most of the injuries result from lack of experience and jumping.

- ✦ Beginners: Take a lesson.
- ✦ Protective gear: wrist guards and kneepads.
- ✦ Helmets: Highly recommended.
- ✦ Trails: Stay on groomed trails.
- ✦ Jumping: Avoid jumping until you are more experienced.

### Ice Skating

It may seem customary to skate on frozen ponds; however, skating rinks are more ideal because of the risks of falling through thin ice.

- ✦ When falling, try to relax and move with the fall, lean forward and bend elbows.
- ✦ Quickly get up after falling to avoid the risk of other skaters tripping on you.
- ✦ Keep hands close and fingers tucked inward when getting up
- ✦ Skate on the outer edge of the rink. Save the inner rink for experienced skaters
- ✦ Wear gloves, pants, and long sleeve jacket.

### Sledding

- ✦ Use sleds that you can steer.
- ✦ Children should not be unsupervised while sledding.
- ✦ Inspect hills for steepness.
- ✦ Wear helmets and protective clothing.

(Information provided by the 8th FW safety office.)